

Research into the effectiveness of chiropractic continues to come forth. In one study, published in the prominent medical journal *Spine*, the effectiveness of various treatments for chronic neck and back pain were evaluated. The patients all had been suffering with neck or back pain for more than four years. The patients were divided into three groups. One group received standard pain medications. Another group received acupuncture. The third group received chiropractic adjustments.

There were some interesting results noted at the conclusion of this study. First, the chiropractic group had experienced significantly longer duration of chronic pain prior to treatment, which would tend to make this group more difficult to treat. Even so, the subjects in the chiropractic group noticed a 3 fold benefit over the acupuncture group and more than a 5 fold benefit over the medication group. Also of note: There were no adverse side effects experienced by the chiropractic group in comparison with 6% of the medication group experiencing adverse effects. Finally, the most surprising finding, at least to the medical researchers, was that the chiropractic group noticed a 47% improvement in general health; 2-3 times more than the other two groups.

This last finding demonstrates what chiropractors have been saying for decades – that chiropractic not only improves the function of the back and neck, it also improves the function of the nerves that come out of the spine, which impacts the health of the entire body.